

Long Term Use Of Facemasks Are Harmful.



FOR CHILDREN

#SHOWMETHESCIENCE

Source: 1. Center for Infectious Disease Research and Policy,
<https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data>



<https://www.perk-group.com/masks-harm-children>

Long Term Mask Wearing is Harmful For Children:

MASKS ARE HARMFUL

IMMINENT RISK

Face masks are more dangerous than parents are being told. Scientific studies over the course of many years have concluded that **wearing face masks for extended periods of time puts the wearer, especially children, in imminent risk of physical and psychological harms.**



In fact, there is a large and growing body of physicians, pediatricians, scientists, epidemiologists, and researchers around the world that are speaking out against the anti-scientific public health recommendations that have been forced upon the general public and our children.

<https://gbdeclaration.org/>

<https://www.meehanmd.com/blog/post/173679/an-evidence-based-scientific-analysis-of-why-mas>

Top Reasons Long Term Wearing of Masks Are Harmful For Children:

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MANDATING CHILDREN TO WEAR FACE MASKS RISKS PSYCHOLOGICAL HARM AND HINDERS DEVELOPMENT

"Children are at risk for psychological trauma in multiple ways by being forced to wear face masks all day long at school. Doctors from around the country warn of the dangers to children of wearing face masks all day."

Jeffrey I. Barke, M.D.

- **Open the schools without politics,**
https://www.americanthinker.com/blog/2020/06/open_the_schools_without_politics.html
- **“Mandatory face masks in schools are a major threat to their development. It ignores the essential needs of the growing child. The well-being of children and young people is highly dependent on emotional attachment to others,”**
“Mandatory masks in school are a ‘major threat’ to children’s development, doctors warn” <https://www.brusselstimes.com/news/belgium-all-news/health/130480/face-mask-obligation-in-school-major-threat-to-childrens-development-doctors-say/?fbclid=IwAR2LCg8ghpWbwieEXuLxZzIo9buF5K2Pb9qPkcvkbccF5zNVy8sBes-qdl>
- **In August 2020, FAIR Health found a 334% spike in intentional self-harm claims among 13-18 year olds in the Northeast compared to the same month in 2019.**
<https://www.aier.org/article/more-covid-suicides-than-covid-deaths-in-kids/>
- **Some of the serious psychological harms to children caused by extended mask wearing are tied to lack of facial and emotional recognition.**
 - Face Recognition in Children, Eur Arch Psychiatr Neurol Sci (1986) 236: 17-20.
<https://link.springer.com/article/10.1007/BF00641052>
- **“Prolonged mask use (>4 hours per day) promotes facial alkalinization and inadvertently encourages dehydration, which in turn can enhance barrier breakdown and bacterial infection risk. British clinicians have reported masks to increase headaches and sweating and decrease cognitive precision. ... By obscuring nonverbal communication, masks interfere with social learning in children. Likewise, masks can distort verbal speech and remove visual cues to the detriment of individuals with hearing loss; clear face-shields improve visual integration, but there is a corresponding loss of sound quality.”**
<https://www.medrxiv.org/content/10.1101/2021.05.18.21257385v>

MANDATING CHILDREN TO WEAR FACE MASKS RISKS PSYCHOLOGICAL HARM AND HINDERS DEVELOPMENT

"The development of facial recognition is relatively weak in young children." ... "it is not until kids are about 14 years old that they reach adult skill levels in recognizing faces. By putting on masks, we take away information that makes it especially difficult for children to recognize others and read emotional signals, which is unsettling and disconcerting. These issues may be especially true for children with autism spectrum disorder, including Asperger's syndrome, who tend to have particular difficulties reading non-verbal cues." University of Toronto psychologist, Dr. Kang Lee

- The use of salient visual speech cues is hidden by masks making learning difficult for young children.
 - Preschoolers Benefit From Visually Salient Speech Cues, Journal of Speech, Language, and Hearing Research, Vol. 58, 135–150, February 2015. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4712850/pdf/JSLHR-58-135.pdf>
 - How individual face parts contribute to successful emotion recognition, PLoS ONE 12(5): e0177239, May 11, 2017. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0177239>
 - Use of visual information in speech perception: Evidence for a visual rate effect both with and without a McGurk effect, Perception & Psychophysics 2005, 67 (5), 759-769. <https://pubmed.ncbi.nlm.nih.gov/16334050/>
 - Visual Cues in Speech Perception, Department of Computer and Information Science, Linköping University, GSLT, LiTH 20001/3/02. http://www.speech.kth.se/~rolf/gslt_papers/MustaphaSkiri.pdf
- Voices of teachers and other students muffled through face masks makes learning more difficult, especially for any child with a diagnosed or an undiagnosed hearing impairment.
 - Importance of High Frequency Audibility on Speech Recognition With and Without Visual Cues in Listeners with Normal Hearing, https://haar.lab.uiowa.edu/sites/haar.lab.uiowa.edu/files/wysiwyg_uploads/silberer_bentler_wu_aas_2014.pdf

MANDATING CHILDREN TO WEAR FACE MASKS RISKS PSYCHOLOGICAL HARM AND HINDERS DEVELOPMENT

Los Angeles County school reopening guidelines that require children wear masks as “not realistic or even developmentally appropriate for children.”...“wearing masks throughout the day can hinder language and socio-emotional development, particularly for younger children.” - Dr. Alice Kuo, President of the Southern California chapter of the American Academy of Pediatrics

<http://aapca2.org/wp-content/uploads/2020/06/AAP-CA2-press-release-on-schools-re-opening-6-2-20-Rev.pdf>

- "Mandatory face coverings on children are very harmful to the child: learning is inhibited; critical interactions among students and between student and teacher are fractured; and face-covering is counterproductive, as kids will naturally touch their faces, thereby contaminating their covering. This new normal that many are advocating may well lead to a spike in childhood behavior problems such as learning disabilities, anxiety disorders, and depression, to name a few. " Why a Mask is Not Just a Mask, Global Mental Health Programs, Columbia University, April 17, 2020. <https://www.cugmhp.org/five-on-friday/why-a-mask-is-not-just-a-mask>
- The great weight of scientific evidence shows unmistakably that wearing face masks for extended periods is harmful to people’s health, safety and emotional well-being, especially to young children.
 - <https://www.meehanmd.com/blog/post/173679/an-evidence-based-scientific-analysis-of-why-mas>
 - https://www.scientificamerican.com/article/masks-can-be-detrimental-to-babies-speech-and-language-development/?fbclid=IwAR3tpLM7ogXdX3y7993SCexcnCv14rwrsgfey-Kcq9IOKiFvNaf_9NJvKQw
 - https://www.mihealthchoice.org/masks?utm_campaign=b1840b36-f0f9-47cc-a71f-18e2f73513a7&utm_source=so&utm_medium=mail&cid=98fff4e6-faf6-4959-ae20-e689e94c3376

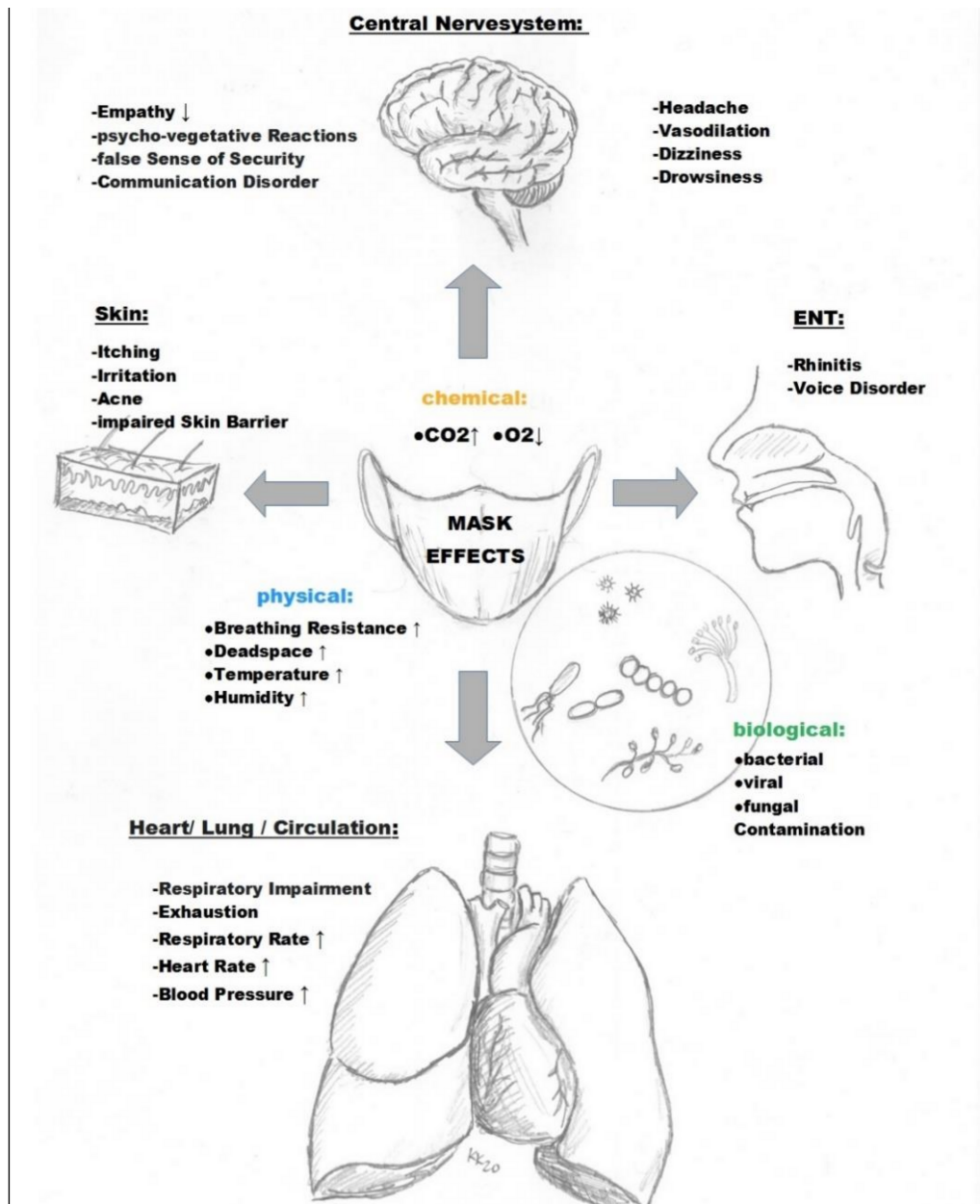
FACE MASKS ARE DANGEROUS FOR CHILDREN WITH PRE-EXISTING MEDICAL CONDITIONS AND DISABILITIES.

- Large percentages of the population have medical conditions that make wearing a mask dangerous. Individuals should be examined by a medical professional to ensure that mask wear will not further compromise their medical condition.
 - Children with asthma (7.5% of American children) and other respiratory disabilities are being harmed by mask mandates, they are being discriminated against by businesses, schools, and public spaces that require masks.
 - Children with autism and other neurodevelopmental disorders are extremely prone to agitation and severe anxiety that results from the adverse effects, e.g., oxygen lowering effects, of masks.
 - An ever increasing number of children and young adults with autism are sensitive to touch and texture. <https://www.autismspeaks.org/sensory-issues> Covering the nose and mouth with fabric can cause sensory overload, feelings of panic, and extreme anxiety.
- The CDC also states that anyone who has trouble breathing should not wear a face mask. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>
- Individuals with post-traumatic stress disorder (PTSD), severe anxiety, or claustrophobia (an abnormal fear of being in enclosed or narrow places), may feel afraid or terrified when wearing a face mask. These individuals may not be able to stay calm or function when wearing a face mask.
- A person who has cerebral palsy may have difficulty moving the small muscles in the hands, wrists, or fingers. Due to their limited mobility, they may not be able to tie the strings or put the elastic loops of a face mask over the ears. This means that the individual may not be able to put on or remove a face mask without assistance.
- A person who uses mouth control devices such as a sip and puff to operate a wheelchair or assistive technology, or uses their mouth or tongue to use assistive ventilators will be unable to wear a mask.
- Hearing impaired and speech delayed children will have great difficulty with communication.

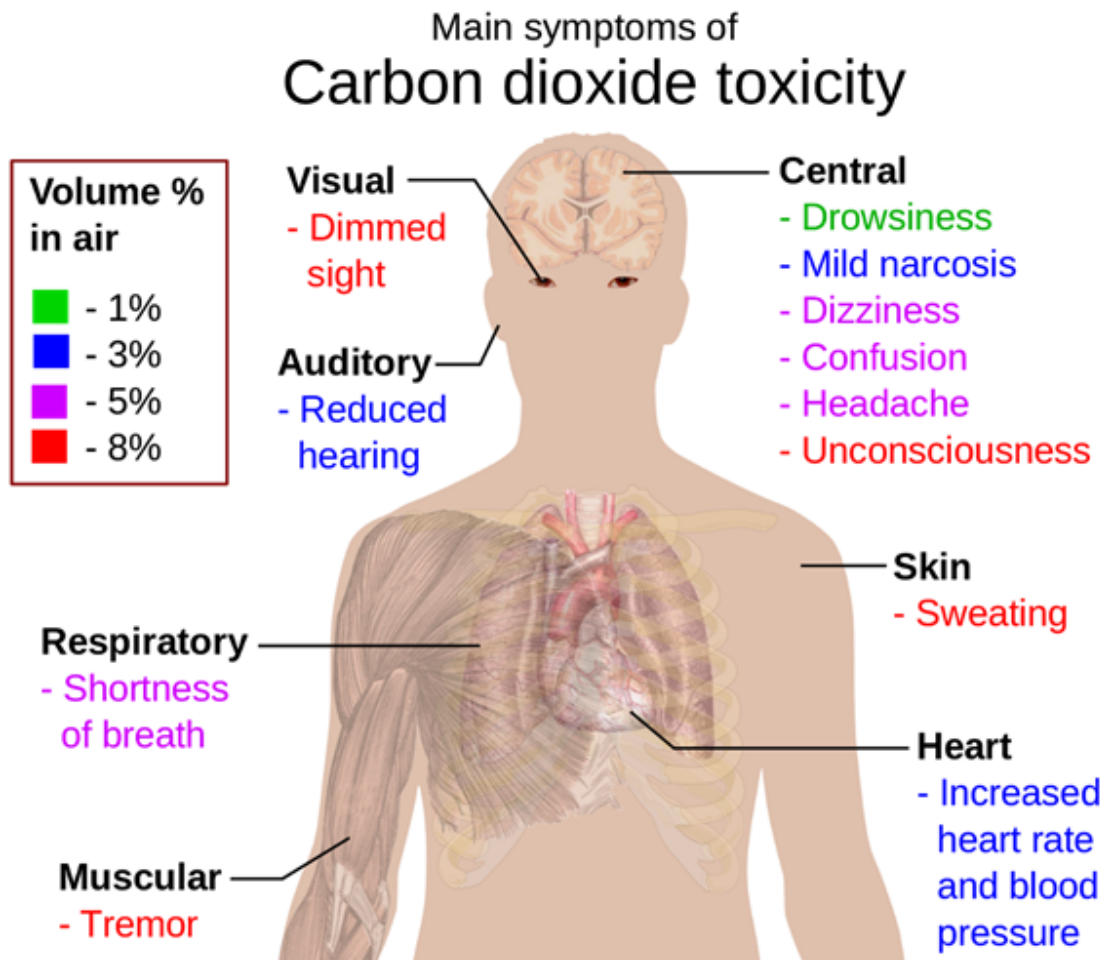
PHYSICAL HARM: THE CHEMICAL, PHYSICAL AND BIOLOGICAL EFFECTS

A total of 65 scientific papers on masks qualified for a purely content-based evaluation, including 14 reviews and two meta-analyses, revealed relevant adverse effects of masks in numerous disciplines. The psychological and physical deterioration as well as multiple symptoms were described because of their consistent, recurrent and uniform presentation from different disciplines as a **Mask-Induced Exhaustion Syndrome (MIES)**. <https://www.mdpi.com/1660-4601/18/8/4344/htm>

MASK INDUCED EXHAUSTION SYNDROME



MEDICAL MASKS RAISE CARBON DIOXIDE LEVELS IN THE BLOOD.



<https://www.meehanmd.com/blog/post/173679/an-evidence-based-scientific-analysis-of-why-mas>

The science clearly demonstrates that face masks cause carbon dioxide rebreathing and hypercapnia

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2044.2006.04767.x>

- Exhaled air is rich in carbon dioxide, a waste product of cellular respiration.
- A portion of carbon dioxide previously exhaled is inspired (breathed) at each respiratory cycle.
- Masks trap CO₂ rich respiratory exhalations at the mask-mouth interface, force re-breathing of CO₂ rich exhalations, raise carbon dioxide blood (CO₂) levels. <https://associationofanaesthetists-publications.onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2044.2006.04767.x>

MEDICAL MASKS LOWER CHILDREN'S OXYGEN LEVELS IN THE BLOOD.

Wearing a mask for more than a few minutes can cause a significant reduction in a person's blood oxygen level.

- Masks inhibit air flow into and out of the lungs.

For people with asthma, chronic obstructive pulmonary disease (COPD), and many other chronic lung diseases, face masks are intolerable to wear as they worsen breathlessness. <https://pubmed.ncbi.nlm.nih.gov/31992666/>

- Studies of masked individuals have shown that mask wear decreases arterial oxygen. Study revealed the surgeons experienced a significant decrease in the oxygen saturation of arterial pulsations (SpO₂) and a slight increase in pulse rates after one hour. <https://pubmed.ncbi.nlm.nih.gov/18500410/>

- Transcranial Ultrasound Doppler (TCUD) studies on masked and unmasked individuals demonstrate the changes in blood flow in the brain the result from the arterial CO₂ elevation that occurs within seconds of donning a mask. This video demonstrates the use of TCUD and heart rate variability to measure the adverse effects of masking a healthy nine year old child: <https://bit.ly/2GGQWiZ>

- Given that a small decrease in SpO₂ reflects a large decrease in partial pressure of oxygen in the arterial blood (PaO₂), the findings of this study suggests that surgical masks worn more than one hour may lower arterial oxygen enough to induce physiologically detrimental effects. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5427770/>

- Pregnant healthcare workers were found to have a loss in volume of oxygen consumption by 13.8% compared to controls when wearing N95 respirators. 17.7% less carbon dioxide was exhaled. <https://pubmed.ncbi.nlm.nih.gov/26579222/>

- Hypoxia, Hypercapnia, and Physiological Effect of Masking https://pdmj.org/papers/masks_false_safety_and_real_dangers_part3/

- Microbial Challenges from Masks https://pdmj.org/papers/masks_false_safety_and_real_dangers_part2/

MEDICAL MASKS SHOULD NOT BE WORN DURING EXERCISE, ESPECIALLY FOR CHILDREN.

Researchers are concerned about possible burden of face masks during physical activity on pulmonary, circulatory and immune systems, due to oxygen reduction and air trapping reducing substantial carbon dioxide exchange. As a result of Hypercapnia, there may be cardiac overload, renal overload, and a shift to metabolic acidosis.

- Exercise with facemask; are we handling a devil's sword – a physiological hypothesis. *Med Hypotheses*. 2020 Jun 22. 144:110002.
<https://pubmed.ncbi.nlm.nih.gov/32590322/>
- Surgical mask wearers had significantly increased dyspnea after a 6-minute walk than non-mask wearers. (30) *Effect of a surgical mask on six minute walking distance*. *Rev Mal Respir*. 2018 Mar; 35(3):264-268.
<https://pubmed.ncbi.nlm.nih.gov/29395560/>
- Here are two cases of the tragic consequences of forcing children to wear masks: Two Chinese boys drop dead while wearing face masks during physical exercise classes. <https://www.dailymail.co.uk/news/article-8283965/Two-Chinese-boys-drop-dead-run-PE-lessons-wearing-face-masks.html>
<https://www.globaltimes.cn/content/1187434.shtml>
- Two boys from two Chinese cities died of sudden cardiac arrest within a week. The first boy, 15, collapsed after jogging in PE class while wearing a face mask on April 24. The other boy, 14, reportedly died during a running exam while wearing a mask.
- Lung collapse was caused by jogging with a face covering.
https://www.dailymail.co.uk/news/article-8311179/Joggers-lung-collapses-ran-2-5-miles-wearing-face-mask.html?ito=facebook_share_article-facebook_preferred-top&fbclid=IwAR0kieVZJ9qUeNir6ELHbdys4KoOJqfk6Wsz-RknRDXWrQZCpBRr--br2A0

CHEMICAL COCKTAIL FOUND IN FACE MASKS ARE TOXIC FOR CHILDREN.

Most masks and face coverings, including cloth, are made with toxic and carcinogenic chemicals, including fire retardant, fiberglass, lead, phthalates, polyfluorinated chemicals and formaldehyde which those wearing masks are forced to breathe in all day.

Top German scientists have found that wearing certain types of face masks for long periods of time could result in potentially hazardous chemicals and harmful microplastics being inhaled deep into human lungs.

- Professor Michael Braungart, director at the Hamburg Environmental Institute has said, that mask wearers unwittingly run the risk of breathing in carcinogens, allergens and tiny synthetic microfibers by wearing both textile and nonwoven surgical masks for long periods of time.

<https://www.ecotextile.com/2021040127603/dyes-chemicals-news/exclusive-chemical-cocktail-found-in-face-masks.html> *“Tests on used surgical masks that found traces of chemicals such as the known carcinogen aniline as well as formaldehyde and optical brighteners – both heavily restricted on consumer goods by European and US authorities to minute parts per million concentrations. Presence of compounds such as 2-butanone oxime (carcinogenic) blocked diisocyanates used as cross linkers for perfluorocarbons (PFCs) on face masks. Used in the textile sector as oil and water repellents on fabrics, by-products of PFCs are known to be bio-persistent and their use is heavily restricted by authorities in Europe and the USA. Textile masks do not begin to pass this most basic hazard test for kids, for whom the risks of COVID have been categorically demonstrated to be miniscule.”*

Health Canada conducted a preliminary risk assessment which revealed a potential for early lung damage associated with inhalation of microscopic graphene particles. Graphene is a strong, very thin material that is used in fabrication, but it can be harmful to lungs when inhaled and can cause long-term health problems.

<https://www.cbc.ca/news/canada/montreal/masks-early-pulmonary-toxicity-quebec-schools-daycares-1.5966387>

LOWERING ARTERIAL OXYGEN SUPPRESSES THE IMMUNE SYSTEM.

- **Studies found that about a third of the healthcare workers developed headaches with use of the mask, most had preexisting headaches that were worsened by the mask wearing.**
<https://headachejournal.onlinelibrary.wiley.com/doi/full/10.1111/head.13811>, and 60% required pain medications for relief. As to the cause of the headaches, while straps and pressure from the mask could be causative, the bulk of the evidence points toward hypoxia and/or hypercapnia as the cause. Hypoxia increases the risk of blood clot formation or an elevation in blood CO₂ (Hypercapnia).
<https://www.sciencedaily.com/releases/2018/08/180802115657.htm>
- **Healthcare workers' N95 respirators were measured by personal bio aerosol samplers to harbor influenza virus.** <https://pubmed.ncbi.nlm.nih.gov/30029810/>
And 25% of healthcare workers' respirators were found to contain influenza in an emergency department during the 2015 flu season.
<https://pubmed.ncbi.nlm.nih.gov/30169507/>
- **Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection.**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/pdf/bmjopen-2014-006577.pdf> (This study is the first RCT of cloth masks, and the results caution against the use of cloth masks.)
- **A cluster randomized trial of cloth masks compared with medical masks in healthcare workers,** BMJ Open 2015; 5: e006577, US National Library of Medicine, National Institutes of Health, doi: 10.1136/bmjopen-2014-006577, April 22, 2015.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/pdf/bmjopen-2014-006577.pdf>
- **Healthcare workers wearing cloth masks had significantly higher rates of influenza-like illness after four weeks of continuous on-the-job use, when compared to controls.** <https://bmjopen.bmj.com/content/5/4/e006577>

LOWERING ARTERIAL OXYGEN SUPPRESSES THE IMMUNE SYSTEM.

- The increased rate of infection in mask-wearers may be due to a weakening of immune function during mask use.
 - Surgeons have been found to have lower oxygen saturation after surgeries even as short as 30 minutes. (<http://scielo.isciii.es/pdf/neuro/v19n2/3.pdf>)
- It is known that the N95 mask, if worn for hours, can reduce blood oxygenation as much as 20%, which can lead to a loss of consciousness.
 - A drop in oxygen levels (Hypoxia) is associated with an impairment in immunity. Studies have shown that Hypoxia can inhibit the type of main immune cells used to fight viral infections called the CD4+ T-lymphocyte. Low oxygen induces hypoxia-inducible factor 1 alpha (HIF-1).
<https://www.jimmunol.org/content/177/8/4962>
 - This occurs because the hypoxia increases the level of a compound called hypoxia inducible factor-1 (HIF-1), which inhibits T-lymphocytes and stimulates a powerful immune inhibitor cell called the TREG.
<https://pubmed.ncbi.nlm.nih.gov/20672742/> . This in turn down-regulates CD4+ T-cells. CD4+ T-cells, in turn, are necessary for viral immunity.
<https://europepmc.org/article/PMC/3420330>
- SARS CoV-2 Becomes More Dangerous When Blood Oxygen Levels Decline
 - Arterial oxygen desaturation is a critical issue in CoVID-19. The virus' ability to infect cells is markedly enhanced by oxygen desaturation, which has been shown to occur even in the ideal operating room environment in which surgeons operate: high air flow/exchange systems, cool temperature, and higher room oxygen levels, when wearing a surgical mask.
<https://www.sciencedirect.com/science/article/abs/pii/S1130147308702355?via%3Dihub>
 - One of the features that make SARS CoV-2 uniquely infectious is the "furin" sequence in the virus that activates increased ACE2 receptor attack and cellular invasion in low oxygen environments. [https://www.jbc.org/article/S0021-9258\(19\)62767-5/fulltext](https://www.jbc.org/article/S0021-9258(19)62767-5/fulltext)

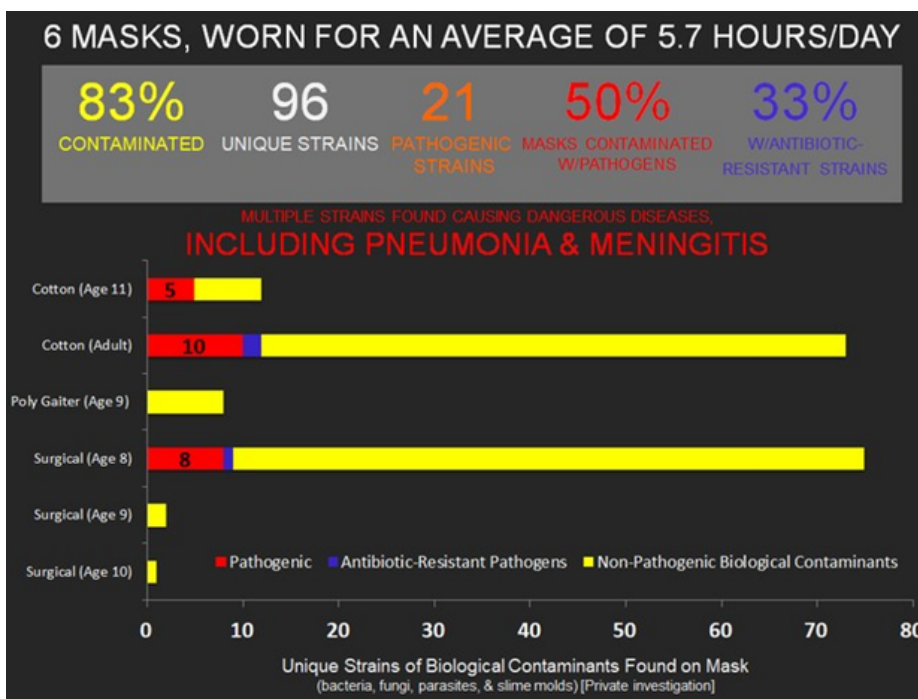
MASKS COLLECT AND COLONIZE VIRUSES, BACTERIA, MICROBES AND MOLD.

Dangerous pathogens found on children's face masks

A group of parents in Gainesville, FL, sent 6 face masks to a lab at the University of Florida, requesting an analysis of contaminants found on the masks after they had been worn. The resulting report found that five masks were contaminated with bacteria, parasites, and fungi, including three with dangerous pathogenic and pneumonia-causing bacteria. Although the test is capable of detecting viruses, including SARS-CoV-2, only one virus was found on one mask (alcelaphine herpesvirus 1).

The analysis detected the following 11 dangerous pathogens on the masks:

- Streptococcus pneumoniae (pneumonia)
- Mycobacterium tuberculosis (tuberculosis)
- Neisseria meningitidis (meningitis, sepsis)
- Acanthamoeba polyphaga (keratitis and granulomatous amebic encephalitis)
- Acinetobacter baumannii (pneumonia, blood stream infections, meningitis, UTIs —resistant to antibiotics)
- Escherichia coli (food poisoning)
- Borrelia burgdorferi (causes Lyme disease)
- Corynebacterium diphtheriae (diphtheria)
- Legionella pneumophila (Legionnaires' disease)
- Staphylococcus pyogenes serotype M3 (severe infections—high morbidity rates)
- Staphylococcus aureus (meningitis, sepsis)



MASKS COLLECT AND COLONIZE VIRUSES, BACTERIA, MICROBES AND MOLD.

- Many microbes get transferred to surfaces the child (or adult) touches after they touch, fiddle, and mishandle their mask. This is one of the many reasons that masks are almost certainly **INCREASING** the transmission of infectious disease. More dangerously, these microbes are being inhaled and delivered deep into the lungs where respiratory disease far worse than CoVID-19 can result. The oxygen lowering effects of masks forces the body to compensate by increasing heart rate and deepening inspirations (increasing tidal volumes). Increased tidal volumes drives the mask pathogens deep into the lungs where they can cause serious pneumonia, inflammation, and tissue damage. And now a new study finds that cultivation and enrichment of microbes on the face can infiltrate the lungs through unconscious aspirations and cause inflammatory responses and advanced stage lung cancer. <https://www.azolifesciences.com/news/20201112/Presence-of-microbes-in-lung-can-activate-immune-response-to-modulate-lung-cancer-pathogenesis.aspx>
- Studies show healthcare workers' surgical masks to harbor for influenza virus. <https://pubmed.ncbi.nlm.nih.gov/30029810/> Various respiratory pathogens were found on the outer surface of used medical masks, which could result in self-contamination. The risk was found to be higher with longer duration of mask use. <https://pubmed.ncbi.nlm.nih.gov/31159777/> Surgical masks were also found to be a repository of bacterial contamination. The source of the bacteria was determined to be the body surface of the surgeons, rather than the operating room environment. <https://pubmed.ncbi.nlm.nih.gov/30035033/>
- Long term mask use breeds microbes that infiltrate the lungs and contribute to advanced stage lung cancer <https://science.news/2021-01-15-long-term-mask-use-breeds-microbes-lung-cancer.html#>
- The Central Michigan District Health Department is investigating after more than a dozen cases of strep throat were reported within Shepherd Public Schools despite COVID-19 protocols. https://www.abc12.com/app/2020/10/02/health-department-investigating-after-high-number-of-strep-throat-cases-at-shepherd-schools/?fbclid=IwAR2ECNvulrMVGX_ladk_btUieta6sUPfCTu532-2UC2inKv6m9Hmb8Ey3W4
- Surgical Masks as Source of Bacterial Contamination during Operative Procedures. Journal of Orthopaedic Translation 14 (July): 57–62. <https://www.sciencedirect.com/science/article/pii/S2214031X18300809>
- Microbial Contamination on Used Surgical Masks among Hospital Personnel and Microbial Air Quality in their Working Wards: A Hospital in Bangkok <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4202234/> <https://www.meehanmd.com/blog/post/173679/an-evidence-based-scientific-analysis-of-why-mas>

MEDICAL MASKS INCREASE VIRAL LOAD, AND INCREASE THE SEVERITY OF DISEASE.

- **Masks trap exhaled viral (and other) pathogens in the mouth/mask space, increase infectious load, and increase the severity of disease.**
 - The trapped viral particles are prevented from removal from the airways. The mask wearer is thus forced to re-breathe the viral particles, increasing infectious viral particles in the airways and lungs. Asymptomatic or mild cases of CoVID-19 become more severe when the infected is masked, oxygen lowers, viral load increases from particle re-breathing, and the disease overwhelms the innate immune system. <https://www.frontiersin.org/articles/10.3389>
- **Face masks trap exhaled viral particles in the mouth/mask interspace.** <https://www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-healthy/>
 - This trapping, re-breathing, and increasing pathogen load delivered to the lungs becomes dramatically more dangerous when the medical mask becomes contaminated with the opportunistic viruses, bacteria, and fungi that can grow in the warm, moist environment of the mask
 - “Dr. Jenny Harries, England's deputy chief medical officer, has warned that it was not a good idea for the public to wear face masks as the virus can get trapped in the material and causes infection when the wearer breathes in.”
 - Angela Betsaida B. Laguipo, BSN, “Reusing Masks May Increase Your Risk of Coronavirus Infection, Expert Says,” News, Medical, Life Sciences, March 15, 2020. <https://www.news-medical.net/news/20200315/Reusing-masks-may-increase-your-risk-of-coronavirus-infection-expert-says.aspx>
- **Masks increase the incidence of “Mask Mouth”, dental cavities, inflamed gums, and bad breath.**
 - Leads to all kinds of dental disasters like decaying teeth, receding gum lines and seriously sour breath. “Mask Mouth” Is a Seriously Stinky Side Effect of Wearing Masks. New York Post, August 5, 2020. <https://nypost.com/2020/08/05/mask-mouth-is-a-seriously-stinky-side-effect-of-wearing-masks/>
 - Dr. Rob Ramondi <https://fineartsdentistry.com/how-face-masks-are-affecting-oral-health-during-a-pandemic/>

MASKS ARE HARMFUL

Effects of Wearing Face Masks and Their Potential Health Consequences Have Detrimental Physiological and Psychological Effects

PHYSIOLOGICAL EFFECTS

- Shortness of breath
- Lower oxygen levels in the blood
- Raise carbon dioxide levels in the blood
- Masks collect and colonize viruses, bacteria and mold
- Self-contamination
- Increase in stress hormones level (adrenaline, noradrenaline and cortisol)
- Dizziness
- Malaise
- Chemical toxicity from textile and nonwoven masks

PSYCHOLOGICAL EFFECT

- Activation of "fight or flight" stress response
- Chronic stress condition
- Fear
- Mood disturbances
- Insomnia
- Fatigue
- Depression
- Decrease in empathy
- Feelings of isolation
- Compromised cognitive performance
- Delayed Language Development in children
- Suicide Ideation (334% increase in self harm in ages 13-18)

HEALTH CONSEQUENCES

- Mask Induced Exhaustion Syndrome
- Staph infection
- Strep Infection
- Headaches
- Anxiety
- Depression
- Hypertension
- "Mask Mouth"
- inflamed gums/ cavities
- oral ulcers
- Throat Abscess
- bacterial pneumonia
- lower immune system